

# AGEING WELL

## Singing for wellbeing



**FREE**

**Discover the power of music to uplift your spirits and improve your overall health.**

**Sing along to familiar tunes, connect with others and enjoy a cuppa and a chat.**

### **COURSE DETAILS**

**Thursdays 2-3.30pm**

21, 28 November,  
5, 12, 19 December and  
9, 16, 23, 30 January

**Alcester Library, Globe House, Priory Road, Alcester B49 5DZL**



*Dementia Friendly*

# Sing with others to lift your spirits and improve your overall health



**Our FREE weekly ageing well courses help to improve health and wellbeing and are dementia friendly. Key benefits include:**

- Reducing loneliness
- Keeping your mind active
- Improving self-expression
- Increasing confidence
- Learning new skills
- Re-igniting passions/hobbies
- Improving hand to eye co-ordination and dexterity
- Connecting with like minded individuals

**As well as Singing for Wellbeing, we run Ageing well groups in Movement to Music and Arts and Crafts. Check our website for dates, times and venues.**



Book now at  
[www.artsuplift.co.uk/wellbeing-courses](http://www.artsuplift.co.uk/wellbeing-courses)

For further information  
email Beth [info@artsuplift.co.uk](mailto:info@artsuplift.co.uk)  
or call Beth on **01926 504 212**

